

Hingham Recreation Department

SCHEDULE OF THE FALL 2008 FITNESS CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM							
			Spin W/Adrienne (5:45AM)	Spin W/Elle (5:45AM)	Spin W/Adrienne (5:45AM)		
6:00AM							
		Spin W/Sheila (6:15AM)				Spin W/Sheila (6:15AM)	
7:00AM							**Fitness Training (7:00AM)**
8:00AM							
	Spin W/Carol (8:30AM)		Spin W/Sheila (8:30AM)	Spin W/Polly (8:30AM)	Spin W/Sheila (8:30AM)		Spin W/Carol (8:30AM)
9:00AM		Yoga (9:15AM)				Spin W/Polly 9:00AM)	Yoga (9:00AM)
Starts October 19, 2008	*Body Sculpting (9:45AM)*	20/20/20 (9:30AM)	Cardio Pump (9:30AM) + Spin W/Tory (9:45AM)		Yoga (9:45AM)	Cardio Pump (9:30AM)	Body Sculpting/Spin (9:45AM)
10:00AM				Yoga (10:00AM)			
3:00PM							
4:00PM							
5:00PM		Spin W/Carol (5:00PM) + Teen Yoga (5:00PM)		Spin W/Carol (5:00PM)			
6:00PM		Adult Yoga (6:15PM)			Cardio Pump (6:00PM)		
7:00PM			Spin W/Ginger (7:00PM)		Spin W/Ginger (7:00PM)		



****Pre-Registration is required for this class. Tickets for all other classes are available in the Fitness room or upstairs in the Recreation Office.****